

## COMPARATIVE STUDY ON SELF –ESTEEM AMONG FEMALE HANDBALL PLAYERS AND FEMALE VOLLEYBALL PLAYERS

Adv. Maithilee J. Dalvi  
B.A.L.L.B., L.L.M., Solapur.

### ABSTRACT

The principle reason for the examination was to analyze the Self-Esteem in two angles one is Personal Perceived Self and other is Social Perceived Self among Female Handball Players and Female Volleyball Players. An aggregate of 50 subjects in which 25 Female Handball Players and 25 Female Volleyball Players and every one of the examples were chosen from Sports Authority of India Center Mastuana sahib, Sangrur, Punjab. The chose tests took an interest at any rate National dimension. The age of the subject ran between 18-25 years and the whole examples chose from irregular premise. To survey the Self-Esteem dimension of chosen subjects, Self-Esteem Inventory created by M.S. Prasad and G.P.Thakur. This stock is exceptionally dependable and legitimate to survey the Self-Esteem dimension of chosen subjects. To think about the Self-Esteem dimension of chosen subjects, 't' test was utilized and the dimension of noteworthiness was picked 0.05 dimensions. Aftereffects of the examination found that Female Volleyball Players have appeared Self-Esteem level when contrasted with Female Handball players.

**KEY WORDS:** Self-Esteem, Female Handball Players and Female Volleyball Players and so on.

### INTRODUCTION

Confidence is one's capacity to think, capacity to adapt to essential difficulties of life. Confidence is with respect to an individual's own self which comprise of any assessment. Self – Esteem alludes one's general assessment of his/her very own value. It is judgment of an individual towards himself/herself. Smith and Mackie in 2007 characterize as "The Self – Esteem is the thing that we consider ourselves". Self idea mirrors the level of respect or regard that people have for themselves to proportion of worth. It is comprehension of an individual's judgment of his/her inventiveness. Confidence is what are you think about yourself? Do I know, I am a decent or terrible individual? Do I such as myself? Do I think, I am agreeable in any situatioan? Do I merit achievement? Then again, Self – Esteem stock additionally depict about the supposition of individuals about yourself. Sportsperson must be engaged to rehearse their entitlement to articulation as per their ability, gain learning, capacity to think, capacity to reason, capacity to consider certain things, basic leadership capacity, correspondence with others. Confidence is likewise relies on, life challenges. This is significant nature of an individual which is helpfull to push an individual in testing time, so we can say that Self-Esteem is continuance of life challenges. Self – Esteem is about the mindset of a person. In the event that an individual have positive Self-Esteem, it might secures him/her from mental issues and social issues. Confidence isn't just about sentiment of yours about yourself, other than that Self-Esteem considered the reasoning of other individuals toward yourself, for example, your persuasive dimension, your conduct, your certainty level, your status, your accomplishment. What individuals think about yourself and what you think about

yourself, these things considered in Self-Esteem stock section 1. Confidence is certain and adverse disposition of an individual with respect to dignity. Numerous specialists endeavored to characterize at discussion, the meaning of Self-Esteem. Different specialists gave definition, objective, assessment of Self-Esteem however there is no thought respect history of confidence how it began, what is the association with social alteration, Social conduct and its significance yet these normally acknowledged by our general public. Numerous specialists give the meaning of Self-Esteem "the familiarity with the total estimation of claim's identity or respect". In addition, James in 1980 said that "the fulfillment or disappointment with oneself. When all is said in done way, individuals consider disappointment and triumph. In brain science Self-Esteem accepted as "feeling of self appreciation". Master presents of techniques for assessing Self-Esteem to gauge the Self-worth, one regular research strategy have been utilized called polls yet these surveys type depends the time of gathering of subjects. Confidence likewise measure with projection strategies for instance Thematic Apperception Test. Then again, Rosenberg built up a survey on Self-Esteem called Rosenberg Self-Esteem Scale. He was first individual who concentrated on Self-Esteem and create poll. As we state, Self-Esteem depends on individual's sentiment of sufficiency, for example, Psychological issues like Anxiety, Stress, absence of self-assurance, feeling of dread, and feeling of frailty. These all issues are quantifiable with the assistance of Self-Esteem stock; According to Ravens and bullinges"

The emotional view of physical, mental, social, mental and utilitarian parts of prosperity wellbeing". They created Self-Esteem stock for kids which was covering 6 zones. Negative and positive Self-Esteem isn't an issue, it happens because of numerous issues and backings. On the off chance that an individual have solid Self-Esteem, it leads mental security, bolster, self-assurance, uplifting disposition towards every single movement of life. Decrease in Self-Esteem having numerous reasons like maladjustment, awful connection with guardians, terrible relations with society, absence of inspiration level, psychosomatic disarranges, family issues. In the to wrap things up, Self-Esteem is a feeling for individuals to adjust to society and live joyfully. Brain science is the investigation of conduct and psyche. Brain research investigate idea, for example, observation, subjective, consideration, feeling, insight, inspiration, cerebrum working, identity, conduct. In games mental security is most critical that enables you to be yours best and keeps you in the zone when you are performing amazingly well. Practice and creative ability is additionally essential ideas. Incredible players needs an extraordinary creative energy and should have the capacity to peer somewhere inside themselves to know how they may respond in each circumstance. In the event that something doesn't feel good or there is anxiety, that implies that the competitors needs to take a shot at planning for it in preparing so that if circumstance occurs in rivalry.

#### **METHODOLOGY:**

Following methodological advances have been taken to check the speculation built up by the agent:

#### **SELECTION OF SUBJECTS:**

The subjects for the investigation were 50 young ladies in which 25 Handball Players and 25 Volleyball Players having a place with the SAI Center Mastuana Sahib, Sangrur, Punjab. Their age extended between 18-25 years. Every one of the subjects were partaken in any event National dimension.

#### **SELECTION OF VARIABLES:**

The factors chose for this examination were as per the following: Self Esteem-(I) Personal Perceived Self (ii) Social Perceived Self.



**SELECTION OF TOOL:**

For this investigation, apparatus used to quantify the Self Esteem, the accompanying test was chosen and scores were considered as foundation measure for the examination was M.S. Prasad and G.P.Thakur and test was regulated to the examination.

**STATISTICAL TECHNIQUE:**

The information was gathered by the specialist himself/herself amid extra time of the subjects with legitimate introduction. Free sample't' test was determined alongside mean and standard deviation.

**CONCLUSION:**

It was closed from the discoveries of the investigation that Female Volleyball Players have appeared Self-Esteem level when contrasted with Female Handball players and at the end of the day we can say that it is exceedingly noteworthy distinction has been found among the two gatherings.

**REFERENCES:**

"Volleyball". International Olympic Committee. Retrieved 2007-03-21.

Joel., Dearing, (2003). Volleyball fundamentals. Champaign, IL: Human Kinetics. ISBN 0736045082. OCLC 50643900.

"The International Association Training School Notes (vol. 4 no. 8), October, 1895".

"In 1895, William Morgan Invents Mintonette". New England Historical Society. Retrieved 2 January 2018. Putting his mind to the challenge, Morgan examined the rules of sports such as baseball, basketball, handball and badminton. Taking pieces from each, he created a game he called Mintonette, deriving the name from badminton

"Bet You Don't Know Where Volleyball Came From". ThoughtCo. Retrieved 2018-08-04.

"The Volleyball Story". Fédération Internationale de Volleyball (FIVB). Archived from the original on January 27, 2007. Retrieved 2007-09-21.

"How Volleyball Began". Northern California Volleyball Association. Archived from the original on July 1, 2007. Retrieved 2007-09-21.

"History Of Volleyball". Volleyball World Wide. Retrieved 2007-09-21.

"History of Volleyball". SportsKnowHow.com. Retrieved 2007-09-21.

